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February 2020

Volume 9, Issue 2

2019



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NEWSLETTER AND WEBSITE

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Website

"Ask the Board" www.woodwindhoa.com, Contact Us

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Dana Patterson..... greg.dana.patterson@gmail.com

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Vice President: Mindy Guthrie..... cvsups06@yahoo.com
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OTHER USEFUL NUMBERS

Graham Management

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Association Manager

Leigh Allen..... Lallen@grahammanagementhouston.com

Improvement Application Submittal

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..... www.centerpointenergy.com - Have light number.

Texas Department of Public Safety Crime Service

..... <http://records.txdps.state.tx.us>

DEAD ANIMALS - To collect dead animals from the streets or off to the side of roads, please Dial 311. There is an option for them to pick up dead animals.

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Sec 1, 2 and 3 Utility.....
..... <http://hcmud261.com/HCMUD261/Index.htm>
Section 4 Utility <http://www.wfud.org/>
Social Media .. https://woodwindlakes.nextdoor.com/news_feed/
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Sec 4 Gate Leigh Allen Lallen@grahammanagementhouston.com

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ARTICLE INFO

The *Woodwind Lakes Newsletter* is mailed monthly to all Woodwind Lakes residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to Lynn.Collins@garygreene.com. The deadline is the 7th of the month prior to the issue.

MISO

By Donna Konopka



Miso is a traditional Japanese seasoning produced by fermenting soybeans with salt and *kōji* and sometimes rice, barley, seaweed or other ingredients. There are more than 1,000 types of miso, ranging in texture, flavor and color.

The Sha Wellness Clinic and Spa in Spain considers miso to be a source of health, longevity and well-being and promotes daily intake. The reasons are Miso:

- * Alkalizes our blood
- * Significantly improves our resistance to diseases
- * Provides anti-inflammatory energy
 - Aids in detoxifying alcohol and tobacco
 - Contains probiotics
 - Beneficial to our intestines

It is also an interesting option for breakfast or as a first course of meals as it can stabilize blood pressure if consumed on a consistent basis.

White miso which is the softest and is frequently used for fish, vegetables, sauces and even pastries. Hatcho miso is the most intense and combines well with certain meats. However, this seasoning is most well-known for the very healthy and popular miso soup.

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Disturbance Family: 0	Theft Habitation: 0
Alarms: 2	Robbery: 0
Runaways: 0	Criminal Mischief: 0
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NATURAL COUGH SUPPRESSANT & EXPECTORANT



By Donna Konopka

I felt compelled to share a home remedy that has helped our family conquer a cough. We have also found it to be an effective expectorant. Using a large onion and organic honey, slice the onion into rings, place in a deep bowl, cover with honey and let stand 10-12 hours. Strain and take a tablespoon of this mixture 4-5 times a day.

Also rubbing your throat with essential oil of eucalyptus or myrrh might help you breathe more easily, cough less and get a good night's rest.

Wishing you happy and healthy days. Until next month.

THE POWER OF VOLUNTEERISM

Cheryl Conley, TWRC Wildlife Center

I often say that I'm working harder now as a volunteer president of a board of directors than I ever did as a paid employee. The hours are long, the work can be frustrating, and worrying about keeping our doors open is very stressful. But all it takes is for me to hold a tiny, helpless little opossum in my hand or witness the release of an animal back to the wild and I know why I do it. A sense of calm and purpose takes over and I feel great about what I'm doing.

I think we would all agree that helping others makes a person feel good but did you know that studies show there are health benefits from volunteering? According to Rodlescia Sneed, a public health research associate at Michigan State University who has studied the impacts of volunteering, "In my own work I've shown it's linked to improvements in factors like depressive symptoms, purpose in

(Continued on Page 5)

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"Volunteerism" (Continued from Page 4)

life, and feelings of optimism." It's also been shown to lower blood pressure and reduces the feelings of depression.

Here's a list of all the benefits of volunteering according to Non-Profit Hub:

- Boosts self-esteem
- Expands your connections - some people are just born with the "gift of gab" and have no trouble talking to others. For those that tend to be shy, it's the perfect opportunity to make new friends with people who share the same interests.
- Makes you feel good
- Contributes to a longer life - volunteers encounter greater longevity and less frequency of heart disease. It can also slow the progress of Alzheimer's and other memory loss diseases.
- Gives purpose – as we age, we sometimes feel isolated but no matter who we are or what our age is, volunteering can give our lives new meaning.
- Combats stress – studies actually show the more you volunteer, the happier you become. Your body releases dopamine in the brain when you help others. This has a positive effect on how you feel.
- Sets a good example – as parents, our greatest hope is that our children grow up to be caring, giving adults. What better way to make that happen than to set a good example?

• Teaches new skills – we see it all the time. Volunteers are afraid to pick up a bird, a squirrel or opossum. With encouragement and instruction, they gain confidence and learn not only to pick them up but to feed them. You can see the pride on their faces!

The most important thing to remember is to do what interests you. Do you like working with senior citizens? The homeless? Dogs and cats? If you volunteer somewhere and find it's not for you, keep looking until you find your passion.

If caring for injured, orphaned or displaced wildlife is of interest to you, please contact us or maybe you would like to recruit fellow volunteers, work in fundraising or design brochures. Give Berri a call at 713.468.8972.

Make a New Year's resolution to volunteer. You'll be pleasantly surprised how this will add to your life!



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Woodwind Lakes

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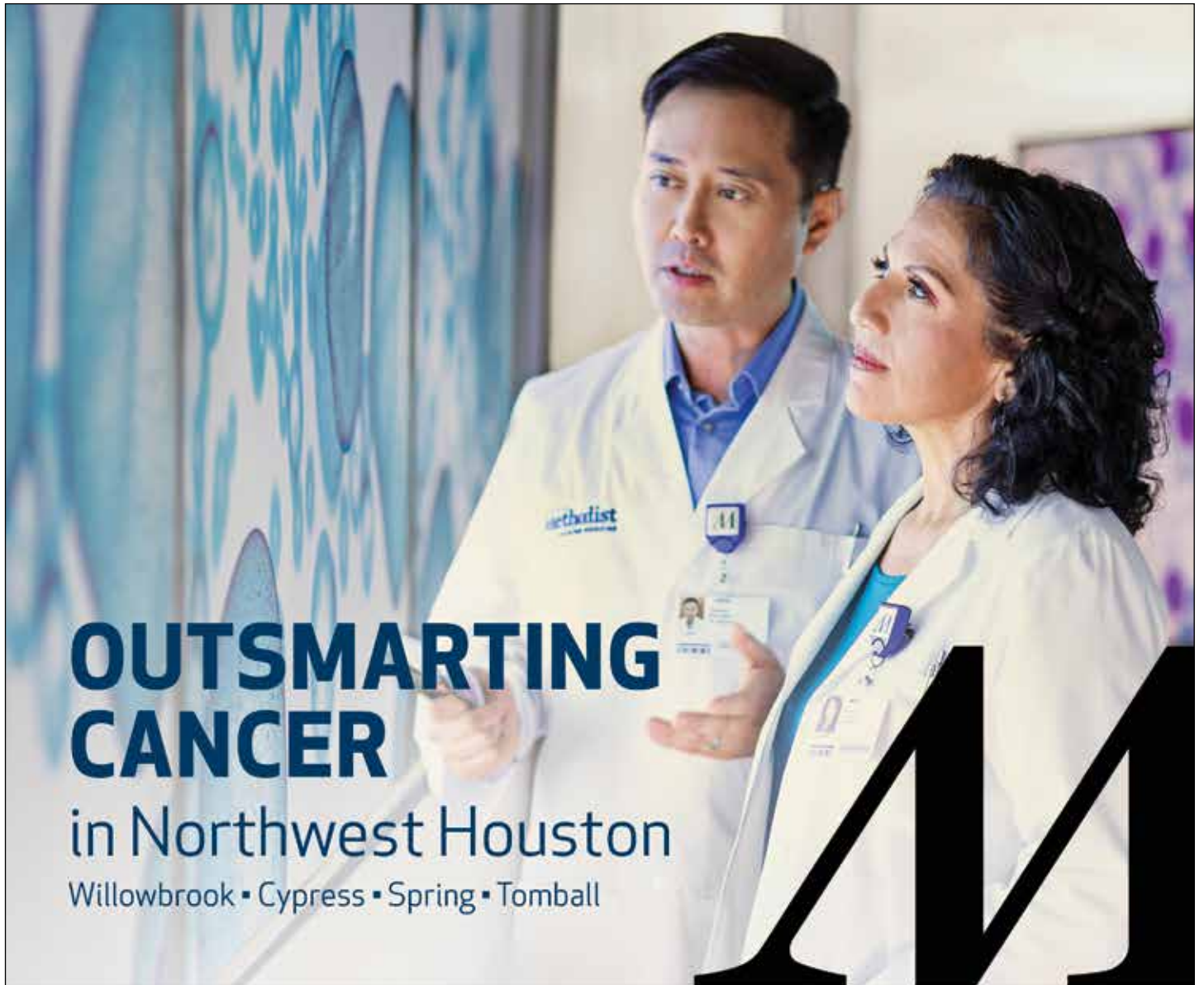
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THE WILDLIFE DRUMMERS

Cheryl Conley, TWRC Wildlife Center



Is it a red-headed woodpecker or a red-bellied woodpecker? One would think that the names are self-explanatory, right? One has a red head and one has a red belly. Both birds have red feathers on their heads so you might hear people tell you they saw a red-headed woodpecker when in fact it was a red-bellied woodpecker that they saw. A red-bellied woodpecker was named for an area on the lower front that is actually a light pinkish-rosy color—not really red. The top and back of the male’s head is red. Females lack the red crown but do have

a red patch on the nape of the neck. Red-headed woodpeckers have a solid red head, neck and the top of the breast.

Both red-bellied and red-headed woodpeckers are year-round residents in our area with the red-bellied being the most common. They eat insects, acorns, other types of nuts, berries, fruit, seeds, and will also eat sap from trees, mice, and nestlings (baby birds). They like to store food in cracks and crevices of trees.

Woodpeckers like to use their beaks to “drum” on hollow limbs, utility poles, gutters or the siding of your house. This “drumming” is used to attract and communicate with potential mates, to communicate a food source to its mate or can be a call for help at the nest. They can drum up to twenty times a second.

The red-bellied female will lay up to five eggs. One egg is laid each day. Babies are fed by both parents for up to four weeks. Once they fledge, Mom and Dad will continue to look after them for another six or more weeks. The red-headed female will lay between four and seven eggs. Both parents feed the babies. What’s unique about the red-bellies is that they can have two broods in the same season. They may still be caring for their fledglings while attempting to have their second brood.

Some interesting facts about woodpeckers are:

- Woodpeckers have stiff feathers near the nostrils that prevent small pieces of wood from getting into the nostril.
- They have extremely sharp claws for hanging on trees. There are four toes on each foot and the arrangement of the toes is called “zygodactyl.” The first and fourth toes are pointed backwards, the second and third face forward.
- The tail of the woodpecker has spikes that dig into tree trunks and helps to keep the bird anchored.
- Woodpeckers have extraordinarily long tongues. There is a barb at the tip for catching insects and grubs.

Texas Wildlife Rehabilitation Coalition (TWRC) is celebrating 40 years serving the greater Houston area. Thank you to all of our supporters and those that care about wildlife as much as we do. If you have questions or would like to volunteer, call 713.468.8972.